



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lenka Kurinova (38y) 

has successfully competed in
River Labe CZ Ice Swim

Hradec Kralove, Czech Republic

27-Nov-2022

500m Freestyle in 10:38.10 minutes

Overall 4th / Age Group (35-39y) 1st

Category Women

Open Water Course

Water 4.57°C, Wind Chill 4.20°C, Altitude 200m, 50.21° N




Ram Barkai
IISA Chair

Czech Republic
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION